

New Tradition at Founders' Day

Founders' Day is our time to pause during the busy days to reaffirm our Mission, to honor our residents and to recommit ourselves to those we serve.

The tradition during Founders' Day is to recognize residents who have lived at PPH for 20 and more years, resident centenarians, resident of the year from each level of care. In addition, the PPH Auxiliary presents a generous contribution to support Benevolent Care. This year they made their largest gift to date – \$15,000,

Please help us congratulate the following residents for their designation as Resident of the Year at 2018 Founders' Day: Florence Fegeley for Pathways Resident of the Year; Heidi Averhoff as Personal Care Resident of the Year; and Max Humpl as Independent Living Resident of the Year. Their dedication to service and



Jewell Coyle receives a candy-filled 2018 PPH Founders' Day mug. Jewell is the longest-tenured resident of Independent Living, having moved into PPH in 1986.

positive spirit are revered among the PPH Family.

The Founders' Day program included a new tradition to honor a PPH staff member who consistently demonstrates our core values, provides quality care and excellent service. The inaugural recipient of the newly created Customer Service Imperative (CSI) President's Award is Eileen Bratton.

Eileen is the former Senior Director of Pathways Nursing & Infection Control and current Pathways night-shift Nurse Manager. Eileen is an exemplary employee and a true asset to the PPH Family. ■

(additional photos on pg. 4)

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2019 PPH IL Resident Council:
Darrah Degnan, President • Mary Clyde, Secretary
Max Humpl, First Vice President • Rose Clark, Second Vice President
Jeanette Hughes, Recording Secretary • Pat Lawson, Treasurer
Art Kramer, Assistant Treasurer

Independent Living Resident Council

Did you know the first independent living resident council meeting was held 41 years ago? That's right. In 1977, the opening of the first building designed solely for independent living apartments prompted the first meeting for Residents' Council.

The name of the building, known today as Gateway Manor, was the very first agenda item at the very first meeting held on July 14, 1977!

It was decided at that meeting that the name of the group would be Residents' Council. It would include a total of 9 members – 3 elected from each floor – plus a staff representative from the home.

The items discussed that day included setting up the

commissary (similar to Tabor Market) which would be staffed by volunteers, putting an antenna on the roof for enhanced tv picture quality, a recommendation for organized card games taught by someone with knowledge, and use of the basement for recreation.

The frequency, day, and time of the meeting was the final item on that day's agenda. The meetings would be held monthly with the occasional larger Town Meetings for further suggestions, or requests to assist the emerging community of residents at Gateway Manor.

Today, the structure of Residents' Council has evolved to incorporate 7 elected officers, duly elected representatives, and resident delegates. Each

part of the council has its own duties, but they all work together to best carry out the PPH Mission.

The purpose of Residents' Council then and now is the same – to enable residents to be informed of and have a voice regarding the overall operations of PPH. The Residents' Council helps create and cultivate an enjoyable, active and useful community life for residents.

The Independent Living Residents' Council encourages you to reach out with questions and to attend a meeting. Meetings are held in the Social Hall, or can be watched on the in-house TV service. ■



Eileen Bratton receives the inaugural CSI President's Award for quality care and excellent service. Recipients are chosen among the employees of the month and guardian angels during the year of the award. (left photo) Veterans Memorial tree

Family Focus

Anthony Manzo

Thank you, my PPH Family –

I have been blessed with the good fortune to be a part of this beautiful senior living community since October 1995. My first position was Nursing Home Administrator (NHA) for the Webb Pavilion. Not long after that, we began to plan, design and build Pathways, which was and remains one of the finest skilled nursing facilities in the Delaware Valley. I had the honor of being Pathways' first NHA, and held that position until July 2001, when I left PPH for two years & became CEO of another community located near my home in Bucks County.

I learned a lot in those two years, including how much I missed the staff and residents of PPH! Fortunately, I was able to return in late July 2003 as President-elect, working alongside my good friend and mentor, Ron Dyson. When Ron



retired at the end of 2004, I began my tenure as President and CEO. The past 14 years have been challenging and exciting as we worked diligently – “to honor our past, while embracing our future.”

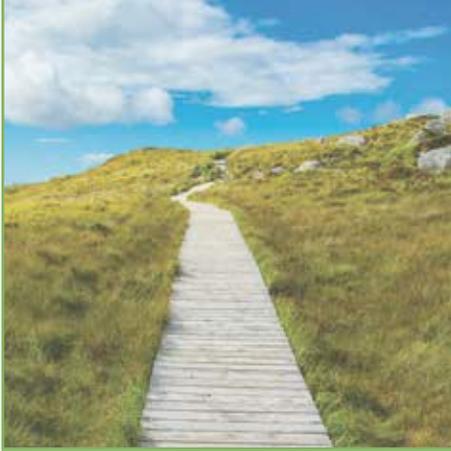
In November 2012, my father, Sam, became a Pathways resident. My mother, Mary, moved into Lawndale three months later. They were able to spend most days together, as my mother would walk over to Pathways and stay until bedtime. Sam passed away in September 2013, one day shy of his ninety-fourth birthday. Mary was heartbroken, but with the help of her PPH family, carried on and came to truly love her life here. When her health declined, she moved to Pathways and lived there until her recent passing on October 29.

And so, I have experienced PPH from two very different perspectives; as President and CEO and as an adult son. Losing those we love deeply is never easy, no matter what the circumstances; but the dedicated, compassionate and highly competent people who provide care and services daily to our residents also help so much during the aftermath of grief and sorrow. I want to say thank you to them and everyone for the cards and words of encouragement I have received since my mother left this world. It all means so much to me.

On Monday, February 18, 2019, from 10:00-2:00 in our Social Hall, there will be a celebration marking the 68th anniversary of my parents' wedding in 1951. Staff and residents are invited to attend. There will be plenty of food, music and memories shared. I hope to see you there. Thank you so much for the outpouring of love and kindness. Once again, I have been reminded— PPH is “the best.” ■



Everyone looks forward to the trains displayed during the holiday season courtesy of Dr. Art Donley, Jr. Dr. Donley is not only a part of the PPH medical team, but also is a member of the PPH BOD. Thank you, Dr. Donley!



PERSPECTIVE

Audiobooks at PPH Library



Reading books is a perfect activity for older adults. An imaginative story, historical tale, or exciting mystery can transport them to another world. Reading benefits older adults in many ways. It can improve memory, sharpen decision-making skills, reduce stress, improve sleep, and delay cognitive decline.

But reading doesn't always have to mean picking up a physical book. PPH Library offers a great way for seniors of all abilities to enjoy reading – books on tape!

Available for use at any time, audio players and tapes can be checked out when desired.

Current content selections include:

Funny joke books: The Books of Senior Jokes; Laughter, The Best Medicine; Jolly Jokes for Older Folks. They also include a variety of short story series: The King is Always Above the People; Her Body and Other Parties; Heavenly Date and Other Flirtations, and a few others. Catalogs are also

available to order other selections.

Audiobooks are a great resource to use while doing chores, relaxing or for low-vision challenges. The audio players are easy to use, and ordering books is super simple.

To learn more, visit the library on Wednesdays between 1 p.m. – 3 p.m. and see Mike Fesnak. Mike can teach you how to use the audio player and order books as well. ■

(continued from front page)



Resident of the Year award recipients from left to right: Florence Fegeley for Pathways Skilled Nursing Resident of Year; Heidi Averhoff for Personal Care Resident of Year; and Max Humpl for Independent Living Resident of the Year.

Anything Doing?



This question is asked almost daily to recreation therapy and activity professionals. The answer is “yes.” Yes. There is always something to do here at PPH.

Every day our Life Enrichment Activities and Recreation Therapy departments plan and implement purposeful leisure programs. Programs are described as “purposeful” because leisure involvement has been closely associated with successful aging.

What is Recreation Therapy?

Recreational therapy is a systematic process that uses recreation and other activity-based interventions as a means to improving psychological and physical health, recovery and well-being. Recreation Therapy is provided by Certified Therapeutic Recreation Specialists (CTRS) who have a Bachelor of Science degree in Therapeutic Recreation.

At PPH our CTRS’s are a part of the interdisciplinary team. They develop personal treatment plans to meet the individual needs of our residents. Using leisure, they work on goals such as decreasing anxious mood and depression, improving physical health and functioning, and enhancing self-esteem and confidence.

How can activities enrich our lives?

Research shows that participation in leisure activities

plays an important role in enhancing quality of life.

The dedicated staff of the Life Enrichment Activities department have certifications through the Council for Activity Professionals and National Council of Certified Dementia Practitioners. They plan programming for residents in independent living, personal care and Chapters memory care that are both purposeful and fun.

What can Recreation Therapy and Life Enrichment Activities do?

By providing social interactions both Recreation Therapy and Life Enrichment Activities enhance positive feelings and emotions and offer opportunities to socialize. According to an article in *Psychology Today*, there are four main health benefits of socializing.

1. Living Longer. Social people live longer than those who isolate themselves.
2. Enjoying better physical health. Older adults who engage in social activities have a stronger immune system and are better able to fight off colds.
3. Enjoying better mental health. Research has proven that building social connections and interacting with others not only boosts feelings of well-being it also decreases feelings of depression.

4. Lowering your risk of dementia. Socializing is good for your brain. People who connect with others score higher on cognitive skill and memory tests.

What if you’re not a “Social Person?”

The definition of “hobby” is an activity done regularly in one’s leisure time for pleasure. Many people have always preferred more independent leisure pursuits. What is purposeful and enjoyable to each individual person will vary. Having hobbies are not only fun, but they can refresh the mind and body helping us to stay healthy, active, and happy.

Happy New Year!

As we begin this exciting new year, I encourage you to make time for purposeful leisure activities whether they be in a large group social setting or one of our many quiet spaces such as the library, wellness center, or one of our beautiful gardens. Event calendars are posted throughout our campus and available on our PPH website. There are many opportunities to get involved and I welcome all suggestions and feedback to help us continue to provide quality, purposeful programming. ■

Jennifer Honeyford

Senior Director of Resident Life and Performance Improvement

NEWS BRIEFS:

★ PPH resident John DeWald, a World War II veteran, was honored at Father Judge High School during an assembly of the student body to recognize Veterans Day. During the program, John was interviewed by Paul McBride, the son of Cletus McBride, a classmate who served with John during WWII. Since he passed away an early age, Cletus didn't have the opportunity to share his service experience with Paul. John has been able to fill that void with Paul and he greatly appreciates the friendship.

★ The Personal Care Dining expansion continues through the winter. With the rough structure in place to hold up the building, assembly of a new exterior wall can begin. New roofs were also added to Chapters and Midway. Dedicated electrical panels and HVAC system are currently in the works.



New exterior foundation installed for new wall structure.



John receives honor along with fellow veterans.

★ On **December 7**, PPH held a special Memorial Tree lighting ceremony in remembrance of residents who passed away this year. While we personally remember and honor our loved ones, this Tree lighting ceremony allows us to gather and reflect on the time we had with them and celebrate their lives.

★ Spending time at the mall is a classic American pastime. The same is true for our residents here. Personal Care and Pathways Shopping Malls are always a big hit and this year was no different. Coordinated by our Life Enrichment and Recreation Therapy teams, residents shopped for meaningful, yet cost effective gifts for their loved ones. Thank you to all who helped to make this a fun shopping experience.

★ Looking to volunteer? Contact Carol Cherrington, Volunteer Coordinator, to take part in a new program for Resident Volunteer Readers. To help our friends with vision impairments, you can participate to read the REACH to fellow residents, so they can be in-the-know too. If you have any vision impairments and would to schedule to meet with a reader, you

should call Carol too. She can be reached at 8027.

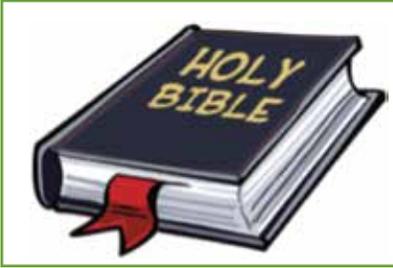
★ Meet and greet local Councilman Al Taubenger at 2:30 pm on Wednesday, **January 16** in PPH Social Hall. Currently, Al serves on the city council as Chair of the Committee on Aging as well as Vice-Chair of Global Opportunities and the Creative/Innovative Economy.

★ Spring Festival is the celebration of the Chinese New Year. Let's celebrate the year of the pig with a luncheon at noon, Tuesday, **February 5** in the Social Hall, followed by a silent auction. Call 8620 to make reservations.

★ The PPH Auxiliary host its lunch meeting for current members at 11 a.m. on Tuesday, **January 8**. Continually making positive social impact to our community, the PPH Auxiliary is a great group to join and contribute to the PPH mission. Contact Chris Blei at 8112 to learn more on becoming a member.

★ In demand everywhere, including PPH, see special musical performance by violinist Claudia Pellegrini at 2 p.m. on Wednesday, **January 23** in the Social Hall. ■

STAFF NEWS



World Religions Study

Join the study of World Religions with Pastor Jack at noon in the Fellowship Meeting Room every Monday.

20-Year Dinner

The Annual Dinner celebrating and inducting employees of PPH for 20 or more years has been rescheduled for January 17, 2019 in the Social Hall. A total of 59 employees will have worked at PPH for more than 20 years. Take a look at the 20-Year Club Plaque in the Esplanade Hall to see the full list of employees in this honorable club.

Schea Scholarship for Healthcare Education

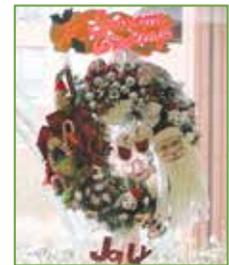
Don't forget! Applications are due into HR by December 31, 2018. Selected recipients will receive up to a \$1,000 scholarship.

2019 Employee Giving Program

Join the 2019 Employee Giving Program. Your gift, made conveniently through payroll deduction, helps offset the cost of important equipment as well as Benevolent Care for residents who no longer can afford the cost of their care. Enrollment forms can be found at PPHFamily.org/giving, or by calling 215.697.8586.



Volunteer of Year recognition given to Tom Thomas for his ongoing commitment and dedicated service with the many programs such as the Resident Care Support Team that he helps organize and lead.



Congratulations to Environmental Services department for winning the staff wreath decorating contest.



PPH Auxiliary presents check at Founders' Day to support Benevolent Care for \$15,000 – their largest gift yet!

Steinway baby grand piano generously donated by Immanuel Lutheran Church and transportation and tuning kindly paid for by Rev. Ken Smith.

JANUARY AT PPH

January 8 – Tuesday

Auxillary of PPH
Lunch meeting
11:00 a.m. – Social Hall

January 10 – Thursday

Vocalist
Courtney Collette
2:00 p.m. – Social Hall

January 12 – Saturday

Prayer Breakfast
9:00 a.m. – Social Hall
Purchase tickets in the
Business Office

January 16 – Wednesday

Meet and Greet
Councilman Taubenberger
2:30 p.m. – Social Hall

January 23 – Wednesday

Claudia Pellegrini
Violinist
2:00 p.m. – Social Hall

January 24 – Thursday

Residents Council
Meeting
3:00 p.m. – Social Hall

January 29 – Tuesday

Memorial Service
3:30 p.m. – Social Hall

January 30 - Wednesday

Cocktail Party
3:00 p.m. – Social Hall

Reflections

A Prayer at the Turning of the Year

We thank you God for the year past
Its joys and sorrows, achievements and failures, growth and loss
We offer you all we have done and all we've left undone
Who we have become and who we never will be

We thank you, God for the New Year
Its hope and fears, potential and challenge
What will happen to us and what we'll make of it

We offer you all we'll do and all we'll leave undone
Who we'll become and how we will not change

We resolve to live in circles of gathering
In the sacred space you hold for us
Larger circles of community
Smaller circles of relationships

Everyone in the circle
No one without a circle

We hold spaces in the circles of our lives
For others to grow and live
And become who they are
Spaces for us to grow and live
And become who we are

We are free persons, free families, free communities
Free to create our future
Become what we want to be
Who we want to be

Life is learning to want the best for us
To look at each other, look in ourselves
To catch a reflection of God

Pay attention to these reflections
and mirror the life of God in our lives
In our life together

And that knowledge guides our choices
And gives shape to our dreams. Amen.

We're Family.

THE PPH MISSION

Guided by Christian values, the mission of The Philadelphia Protestant Home is to provide a caring senior living community that affords its residents the opportunity to achieve their highest possible quality of life.

Integrity • Friendly • Quality Care • Compassionate • Respect • Comfortable